

# ARF

What can YOU  
do with 60  
minutes a day?



## WHO IS IT FOR?

- ✓ Preschoolers ★ *New in 2005!*
- ✓ Elementary and Middle School-Aged Youth

## WHO CAN BE ARF LEADERS?

- ✓ Youth Organizations Directors & Coordinators
- ✓ Faith Group Directors & Coordinators
- ✓ Classroom Teachers, P.E. Teachers
- ✓ School Nurses, Coaches, Staff
- ✓ PTA/PTO Members
- ✓ Families
- ✓ Community Members
- ✓ Recreation Program Directors & Coordinators

Want to get involved?

E-mail  
[arf@hhss.ne.gov](mailto:arf@hhss.ne.gov)

## All Recreate on Fridays

Encouraging youth to move more!

30 min. at school (P.E., recess, lunch, etc.)  
+30 min. outside school (sports, games, etc.)  
60 minutes invested in improving health!

Participating organizations will:

- Have access to 300+ physical activity and healthy eating ideas
- Receive a monthly calendar featuring movement ideas for each day of the week
- Receive newsletters full of health info
- Share tips and ideas on the web site
- Learn why being physically active is important for lifelong health
- Be eligible for awesome prizes!

Sponsored by:



For more information and registration:

Nebraska Health and Human Services System

[www.hhss.ne.gov/cvh](http://www.hhss.ne.gov/cvh)

Click on "Physical Activity" and "ARF"